

	Quantity & Unit	Item Description (Completed Commodity Number or Class/Sub-Class must be furnished for each item)
Line : 00001	3 ea	<p>Treadmill</p> <p>Matrix Cardio Brand T5X or equal</p> <p>Incline range: Minimum of 0-15%</p> <p>Speed range: 0.5-12mph</p> <p>Console display: dot matrix LED or LCD</p> <p>Console display feedback: time, distance, calories, speed, incline, pace, heart rate, METs, watts</p> <p>Workouts: manual, rolling hills, fat burn, 5k, target, HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB)</p> <p>Crossbar controls: quick start, stop, and cool down</p> <p>Manager mode: resettable defaults with accumulated time and distance</p> <p>Maximum user weight: 400 lbs</p> <p>Minimum Warranties:</p> <p>Frame: 7 years</p> <p>Drive Motor: lifetime</p> <p>Parts: 3 years CAP</p> <p>Labor: 3 years CAP</p> <p>One button quick start, pause function, on the fly program change, Fit Touch Technology, wireless data transmitter, iPod compatible, personal fan</p> <p>Treadmill must have the capabilities to absorb impact for best possible feel,</p> <p>Continuously monitors and adjusts to user's foot fall, and wireless transmitters to allow for service providers and users to continuously monitor product performance.</p>
Line: 00002	2 ea	<p>Total Body Elliptical</p> <p>Features: Matrix E 3XC or equal</p> <p>Contact and telemetric HR sensors, cushioned footpads</p> <p>Handlebar design: Multi-position dual action and ergo bend stationary</p> <p>Thumb switch controls</p> <p>Console: Display type-LED or LCD</p> <p>Display Feedback: time, distance, calories, speed, RPM, heart rate, METs, watts, profile</p> <p>CSAFE, on the fly program change,</p> <p>Manager mode: resettable defaults with accumulated time and distance</p> <p>Technical Specifications:</p>

		<p>Maximum user weight: 400 lbs</p> <p>Electrical requirements: self-power, AC power option</p> <p>Minimum Warranties:</p> <p>Frame: 7 years</p> <p>Generator: 5 years</p> <p>Parts: 3 years CAP</p> <p>Labor: 3 years CAP</p> <p>Elliptical must be cordless and feature maintenance-free generators that do not require a battery to start. Foot Pad should be designed to absorb shock and reduce stress on the knees, feet and ankles.</p>
Line:00003	1 ea	<p>Recumbent Cycle</p> <p>Features: Matrix R3x or equal</p> <p>Contact and telemetric HR sensors:</p> <p>Handlebar design: seat side and front horizontal ergo bend. Thumb switch controls</p> <p>Minimum watts: 13 watts</p> <p>Minimum RPM: 20</p> <p>Resistance levels: minimum of 25</p> <p>Console: Display LED or LCD</p> <p>Display feedback: Time, distance, speed, calories, RPM, level, heart, rate, watts, and profile</p> <p>Workouts: manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts</p> <p>CSAFE, Professional Certified, on the fly program,</p> <p>Manager mode: resettable defaults with accumulated time and distance</p> <p>Technical specifications:</p> <p>Crank design: single piece</p> <p>Maximum user weight: 400 lbs</p> <p>Minimum Warranties:</p> <p>Frame: 7 years</p> <p>Generator: 5 years</p> <p>Parts: 3 years CAP</p> <p>Labor: 3 years CAP</p>
Line: 00004	1 ea	<p>Plate Load Supine Bench Press</p> <p>Matrix G3PL13, or equal</p> <p>converging independent arms, two integrated weight storage horns, coated grips</p> <p>Round metal tubing with clear powder coat.</p>
Line: 00005	1 ea	<p>Plate Load Incline Bench Press</p> <p>Matrix G3PL14, or equal</p> <p>converging independent arms, four integrated weight storage horns</p>

		five-position adjustable seat pad with gas spring assist, 45 degree incline back pad Round metal tubing with clear powder coat.
Line: 00006	1 ea	Plate Load Seated Calf Press Matrix G3PL77, or equal seat will move with input arm for maintenance of alignment knee pads adjust for tibia length and range of motion quick-release bar catch Round metal tubing with clear powder coat.
Line: 00007	1 ea	Selectorized Abdominal Crunch Matrix G3S51, or equal dual axis of rotation to produce a natural crunch movement that maximizes abdominal contraction. seat and handle position designed for stability Round metal tubing with clear powder coat.
Line: 00008	1 ea	Selectorized Combination Pieces: Biangular transformer Magnum E Series MBT200 or equal Constructed of 11 gauge steel tubing Materials must be highly resilient and shaterproof A full motion machine that allows the user to work three different body parts with six (6) different multiplane movement patterns: incline press, lat roll, benchpress, shoulder press, Hi row, and lat pulldown. Stack weight: minimum of 312 lbs
Line: 00009	1 ea	Varsity Adjustable Decline Bench/Sit Up Magnum D61 or equal split angled pad design with padded leg rollers to lock user in proper position for decline exercises and abdominal work. Constructed of 11 gauge steel tubing
Line: 00010	1 ea	Varsity Adjustable Crunch Board Magnum D77 or equal split pad design and double adjustable roller pads to lock any size user in proper position handle mounted on front rollers Constructed of 11 gauge steel tubing
Line: 00011	1 ea	Varsity Dip/Leg Raise w/Chin Magnum D63C or equal compact design to allow user to perform dips, chin ups, and leg raises all from the same side. Covered grips. Constructed of 11 gauge steel tubing
Line: 00012	1 ea	Plate Load Perfect Squat Magnum 400 or equal large angled diamond plate foot platform adjustable starting point to allow user to set pad height for squats or standing calf raises shoulder pads must maintain parallel position to floor throughout full range of motion two weight storage pegs

		Constructed of 11 guage steel tubing
Line: 00013	1 ea	<p>Biangular Plate Load Lat Row</p> <p>Magnum 420 or equal</p> <p>biangular mechanism to create a controlled natural, diverging, rear motion exercise pattern</p> <p>lever lock seat height adjustment, adjustable chest pads. Padded seat.</p> <p>Constructed of 11 guage steel tubing</p>
Line: 00014	1 ea	<p>Free Standing Leg Extension</p> <p>Magnum FS901 or equal</p> <p>Weight Stack minimum of 265 lbs. Padded seat and leg rollers.</p> <p>Constructed of 11 guage steel tubing</p>
Line: 00015	1 ea	<p>Free Standing Leg Curl</p> <p>Magnum FS902 or equal</p> <p>Frame must feature a minimum of 11 guage, 2"x3" and 3"x3" steel tubing. All feet will have rubber floor contacts. Frames must be welded with a lifetime warranty. All component parts should be fixture welded. Finish should be scratch resistans, durable, electrostatic powdercoat paint. Pieces should include scratch guard.</p> <p>Must provide a minimum of 3 upholstery colors and uphostery must be stain and abrasion resistant.</p> <p>Hook plates: should be steel adjustment plates and must utilize a safety slot design. Bar stops should be adjustable in 3" increments.</p> <p>Weight Storage: Must have self-contained weight storage unit with racks. Pags should be steel with plastic tubing covers for scratch resistance.</p> <p>4200 lb minimum tensile strength aircraft quality cable. Fiberglass impregnated nylon pulleys with sealed ball bearings. Unit must ionclude steel plated guide rods for multi-function bench.</p> <p>Should be ground case hardened shafting for leg press machines. Bearings should be UHMW polyethelene bushing blocks.</p> <p>Minimum Warranties:</p> <p>Frames - Lifetime</p> <p>Bearings Bushings - 5 years</p> <p>Cables - 1 year</p> <p>Upholstry - 90 days for wearthrough and stitching</p> <p>Parts (specified) - 1 year</p>
Line: 00016	2 ea	<p>STS Half Rack-Silver</p> <p>York STS 55009 (silver)or Equal</p> <p>including weight storage pegs (45, 35, 25, 10, 5, and 2.5 lbs plates)</p> <p>The Half Rack accommodates all available option. Includes: the combo grip pull-up bar, Min.90" high, solid cold rolled steel bar with v-shaped in the center, 1- pair single bar holder, 1 bench stringer</p> <p>Stainless steel hook-plates-Adjustable to at least 19 positions on min 3" center increments</p> <p>Two welded vertical bar holders</p>

Line: 00017	2 ea	<p>Multi-function bench with wheels-silver York STS 55004 (silver) or equal Back Pad and seat pad Adjustable bench, spotting platforms Designed to lock into modular rack and equally functional as a stand-alone dumbbell bench bench back/seat adjustments provide for a minimum of, 30, 40, 65, and 90 degrees of inclination Minimum of 6-position depth adjuster to allow bench to slide forward or backward of bushing blocks on a steel guide rod. Must be unnecessary to disengage the bench from the rack to allow user to adjust for individual torso length. Lock feature to allow the bench to lock into the rear stringer of the modular racks diamond-plate spotting platforms Two impact-resistant rubber wheels with self lubricating bearings and foam grip handles.</p>
Line: 00018	2 ea	<p>Flat to incline bench-silver York STS 55027 (silver) or equal Adjustable to six positions allow for a variety of dumbbell exercises handle and wheels on metal base for easy movement high-density foam padding.</p>
Line: 00019	1 ea	<p>Preacher Curl Bench-Silver York STS 55031 or Equal Adjustable seat pad polished chrome bar holders heavy contour foam padding metal base</p>
Line: 00020	1 ea	<p>35 Degree Leg press York STS 55035 or Equal extra-wide footplate heavy-duty linear bearings seat-back adjustable, padded built-in weight storage Minimum 1200 pound capacity adjustable safety stops, metal base</p>
Line: 00021	1 ea	<p>Free Standing Cable Crossover York STS silver equipment should polished chrome with adjustable cable column, pulley swivel, pronated grip position chin-up bar. minimum 4200 lb tensile strength aircraft quality cable 2 ea - minimum 200 lb weight stacks standard</p>

Line: 00022	1 ea	<p>Low Row-Silver</p> <p>York STS Low Row-Silver</p> <p>The components must allow users to perform various exercises at one station step-through design for easy access.</p> <p>Large diamond-plated footplate</p> <p>Rubber covered machine attachment rest</p> <p>Minimum 225 lbs weight stack</p> <p>minimum 4200 lb tensile strength aircraft quality cable</p>
Line: 00023	1 ea	<p>Lat Pull down-Silver</p> <p>York STS or equal</p> <p>Adjustable locking leg hold-down</p> <p>Straight bar with angled ends to ensure correct arm and wrist position.</p> <p>minimum 4200 lb tensile strength aircraft quality cable</p> <p>Minimum 225 lbs weight stack</p>
Line: 00024	1 ea	<p>Triceps Station-Silver</p> <p>York STS 54048or Equal</p> <p>Must provide padded vertical support for the back</p> <p>An overhead pulley attachment system</p> <p>minimum 4200 lb tensile strength aircraft quality cable, Minimum 200 lbs weight stack</p> <p>Must be compatible with Cable Crossover bid</p>
Line: 00025	1 ea	<p>4-way Connector Kit-Silver</p> <p>York STS 55022or Equal</p> <p>4 way steel connector and u-bar which allows up to 4 systems to be attached to the Cable Crossover system, on either end.</p>
Line: 00026	1 ea	<p>3 Tier Tray Dumbbell Rack-black</p> <p>York 69129 or equal</p> <p>Holds minimum of 15 pairs of dumbbells</p> <p>at least 16" deep formed steel trays</p> <p>Rubber strips line tray to protect dumbbells</p>
Line: 00027	1 ea	<p>5-80lbs Rubber Hex Dumbbell Set</p> <p>York 34025 or equal</p> <p>Dumbbell sets must have contoured knurled chrome handles and durable rubber covered heads</p> <p>Heads should be torque threaded and permanently affixed to a thick min. 35mm solid steel shaft .</p> <p>The smaller handles should graduate up from 25mm grip to 35mm grip for 20-125 lbs increments</p>
Line: 00028	2 ea	<p>300 lbs. Iron weight Set (2x45, 35, 25, 10, 2.5, and 4.5) 32113</p> <p>York ISO-Grip International Rubber 29026 or equal</p> <p>Set includes one (1) 7', 300 mm, 1000 lbs Test Bar. Set should include rubber plates</p>

		and one (1) pair of spring collars.
Line: 00029	26 ea	45 lbs Olympic Grip Plate-Black York 29025 or equal ISO-Grip Rubber Encased Steel Composite
Line: 00030	16 ea	25 lbs Olympic Grip Plate-Black York 29023 or equal ISO-Grip Rubber Encased Steel Composite
Line: 00031	16 ea	10 lbs Olympic Grip Plate-Black York 29022 or equal ISO-Grip Rubber Encased Steel Composite
Line: 00032	16 ea	5 lbs York Olympic Grip Plate-Black York 29021 or equal ISO-Grip Rubber Encased Steel Composite
Line: 00033	8 ea	2.5 lbs York Olympic Grip Plate-Black York 29020 or equal ISO-Grip Rubber Encased Steel Composite
Line: 00034	1 ea	7' Hard Chrome Bar York North American 32112 or equal 1500 lb Test-32mm
Line: 00035	2 ea	Curl Bar w/Rubber Grips York International 32030 or equal Curl bars must possess min. 30mm rubber grips, chrome
Line: 00036	1 ea	Olympic Plate Tree-Black York 69139 or equal Must have a six weight storage capacity with pegs for sorting plates from 2.5 lbs through 45 lbs. storage provided on base for 2 olympic bars York or equal
Line: 00037	3 ea	2" Chrome Spring Collars(bulk) pair York 36040 or equal Collars must possess rubber handles
		The Alabama Criminal Justice Training Center is requesting delivery and setup of the fitness center equipment be made to the new training facility currently under construction, and is scheduled for completion in August of 2010. Installation and set-up charges must be included in bid pricing